

**What is Claimed Is:**

1. A hand-held instrument comprising a business end and a handle attached to the business end, the handle having a gripping portion and a longitudinal axis, wherein a knob is provided at the gripping portion of the handle, the knob being disposed such that it projects away from the handle in a direction transverse to the longitudinal axis of the handle.

2. The hand-held instrument of claim 1 wherein the knob projects away from the handle by a distance of less than four inches.

3. The hand-held instrument of claim 1 wherein the hand-held instrument is chosen from the group of hand-held instruments consisting of baseball bats, tennis racquets, golf clubs, javelins, hockey sticks, pole vault poles, cricket bats, ski poles, hand gun stocks, rifle and shotgun stocks, archery bows, rakes, picks, mattocks, hoes, long-reach trimmers, brooms, weed whackers, chain saws, wheel barrows, weed whackers, machetes, large knives, cleavers, tenderizers and cooking pans.

4. The hand-held instrument of claim 1 wherein the knob is removably attached to the gripping portion of the handle.

5. The hand-held instrument of claim 1 wherein the knob is removably attached to the gripping portion of the handle by a quick release connection device.

6. The hand-held instrument of claim 1 wherein the knob is a thumb spur.

7. The hand-held instrument of claim 6 wherein the thumb spur has a central portion which comprises an elastomeric material.

8. The hand-held instrument of claim 6 wherein the thumb spur is removably attached at the gripping portion of the handle.

9. The hand-held instrument of claim 6 wherein the thumb spur is removably attached to the gripping portion of the handle by a quick release attachment device.

10. The hand-held instrument of claim 9 wherein the quick release attachment device comprises a male connection pin and wherein the gripping portion of the handle is provided by at least one female receptor capable of accepting and firmly retaining the male connection pin.

11. The hand-held instrument of claim 10 wherein the gripping portion of the handle is provided with a plurality of female receptors.

12. The hand-held instrument of claim 10 wherein the gripping portion of the handle is generally oval in cross-section, having a pair of narrow end surfaces and a pair of wide opposed side surfaces, and wherein a female receptor is disposed in at least one of the wide side surfaces.

13. The hand-held instrument of claim 6 wherein the gripping portion of the handle is generally oval in cross-section, having a pair of narrow end surfaces and a pair of wide opposed side surfaces, and wherein the thumb spur is attached to one of the wide side surfaces.

14. The hand-held instrument of claim 6 further comprising a chrysalis, the chrysalis being wrapped around the gripping portion of the handle and being secured to the handle by the thumb spur.

15. The hand-held tool of claim 1 wherein the knob is a basket.

16. The hand-held instrument of claim 15 wherein the basket comprises at least one large opening and one smaller opening.

17. The hand-held instrument of claim 15 wherein the basket further comprises a forward facing C-shaped opening.

18. The hand-held instrument of claim 15 wherein the basket is removably attached to the gripping portion of the handle.

19. The hand-held instrument of claim 15 wherein the basket is removably attached to the gripping portion of the handle by a quick release attachment device.

20. The hand-held instrument of claim 19 wherein the quick release attachment device comprises a male connection pin and wherein the gripping portion of the handle is provided with at least one female receptor capable of accepting and firmly retaining the male connection pin.